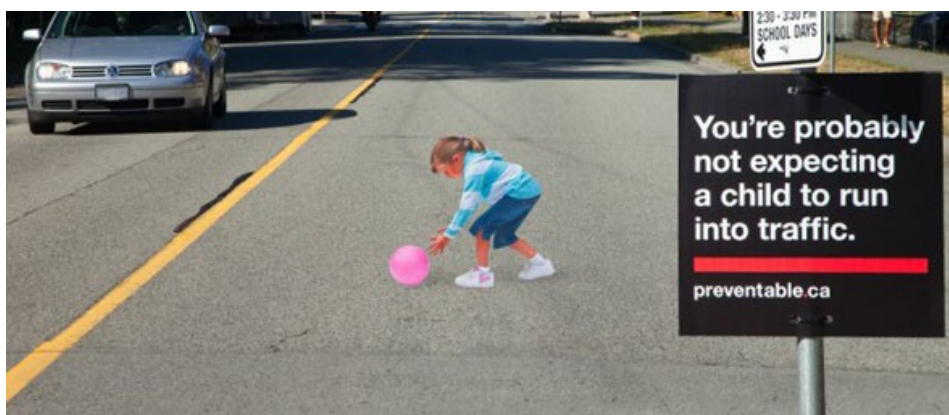


# DRILL BITS

## April is Distracted Driving Awareness Month:



Many cities and states in the country have banned distracted driving in various forms: from texting and driving and hands free requirements to other forms . The simplest statement is that distracted driving breaks the rules of common sense.

If you are following another vehicle with the required and appropriate 3 second following distance, and you look at your phone just to see if someone texted, who or what did they say, you have removed your mind from driving for at least 2 full

seconds. That means, as you glance down, and the person in front stops, by the time you look back up, recognize and respond, you have impacted the other vehicle. Now imagine, if you will, that instead a child darts into the road to chase a ball or pet? That is a memory one would not so easily erase.

Your job, when you're behind the wheel, is to drive. 100% of your focus needs to be on that.

Cell phones (texting or talking), eating, reading, searching the web, trying to read a map, or

other distractions place you at risk. The scary part is that your risk can mean other peoples lives are in jeopardy. Driving is the most commonly abused privilege we enjoy. Especially when we realize how it can affect so many other people: passengers, pedestrians and others on the road.

Do everyone a favor and keep your brain in the game and focus on driving.

Keep in mind that operating electronic items while operating federal vehicles is covered in Executive Order 13513. See page 2 for definitions.

To find out more about distracted driving, go to: [http://www.nsc.org/safety\\_road/Distracted\\_Driving/Pages/DDAM.aspx](http://www.nsc.org/safety_road/Distracted_Driving/Pages/DDAM.aspx)



### Safety and Occupational Health Office:

CPT Lori Starr  
OHO 737-6613  
[lori.l.starr.mil@mail.mil](mailto:lori.l.starr.mil@mail.mil)

CPT Kathy Hill  
OHN 737-6657  
[Katherine.d.hill2.mil@mail.mil](mailto:Katherine.d.hill2.mil@mail.mil)

CW4 Lonny Hofer  
SSM/SSO 737-6703  
[Lonald.e.hofer.mil@mail.mil](mailto:Lonald.e.hofer.mil@mail.mil)

SFC Bruce Kraemer  
OHT/IHT 737-6620  
[bruce.r.kraemer.mil@mail.mil](mailto:bruce.r.kraemer.mil@mail.mil)

SFC Brian Gessner  
State Safety NCO  
[brian.p.gessner.mil@mail.mil](mailto:brian.p.gessner.mil@mail.mil)

SPC Don Gibbs  
Safety Tech 737-6501  
[donald.d.gibbs2.mil@mail.mil](mailto:donald.d.gibbs2.mil@mail.mil)

### Common Causes of Distracted Driving

Texting

Calling

Eating

Drinking

Conversations

Make Up

Reading



## DRILL BITS

### Spring is trying to break through, Are you ready?

Though the ground hog supposedly didn't see his shadow back in February, for some reason spring is still slow to get started. Many people are waiting to start outdoor projects, planning weekend trips or vacations and just looking forward to getting outside and enjoying the sun.

Just remember that many of the areas of concern can be taken care of now.

Lawn mower maintenance and preparing the rest of the outdoor tools and equipment for a season of use will pay dividends and can prevent injuries.

As the snow disappears, check your deck and stairs potentially dangerous trip and fall hazards.

Concrete sidewalks can heave and crack which can also create

a hazard. Make sure those little items around your house don't create major headaches.

Enjoy one of the most exciting times in South Dakota or anywhere by being prepared.

**"Nothing can compare to the feeling of knowing that you saved a life."**

### First steps in saving lives is training

It's a simple fact; anyone can save a life. The first step in seeing that happen is taking a class on first aid as well as CPR/AED. Cardio Pulmonary Resuscitation and Automatic External Defibrillation can save a life faster than a doctor in an emergency room. But there has to be training.

Thankfully, as Soldiers the training is available to you at no cost. If your unit, shop or facility would like to request a CPR/AED or First Aid course, contact CPT Lori Starr at the SOHQ.

Typically the classes can be held in one day (8 hours) depending on the number of personnel to train.

Nothing can compare to the feeling of knowing that you saved a life. Someone is alive today directly due to your actions and knowledge.

It is a proven fact that in a crisis, people will revert to their training. Be sure that when a crisis occurs, you are prepared and ready to act.

### Executive order 13513 bans texting while operating government vehicles

Oct 1, 2009, President Obama signed Executive Order 13513 in an effort to reduce distracted driving accidents. The following is an extract of that order.

#### DEFINITION:

- (a) The term "agency" as used in this order means an executive agency, as defined in 5 U.S.C. 105, except for the Government Accountability Office.

- (b) "Texting" or "Text Messaging" means reading from or entering data into any handheld or other electronic device, including for the purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or engaging in any other form of electronic data retrieval or electronic data communication.
- (c) "Driving" means operating a

motor vehicle on an active roadway with the motor running, including while temporarily stationary because of traffic, a traffic light or stop sign, or otherwise. It does not include operating a motor vehicle with or without the motor running when one has pulled over to the side of, or off, an active roadway and has halted in a location where one can safely remain stationary.

